

Statistics Report 35235, Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)

Report Date: July 16, 2017 08:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	91.41	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Energy	kcal	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Energy	kJ	143	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Protein 1	g	0.69	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Total lipid (fat) 1	g	0.35	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Ash 1	g	0.49	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Carbohydrate, by difference	g	7.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Fiber, total dietary 1	g	2.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Sugars, total 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Glucose (dextrose) 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Fructose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Starch 1	g	3.70	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Minerals													
Calcium, Ca 1	mg	23	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Iron, Fe 1	mg	1.21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Magnesium, Mg 1	mg	3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

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Phosphorus, P 1	mg	13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Potassium, K 1	mg	187	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Sodium, Na 1	mg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Zinc, Zn 1	mg	0.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Copper, Cu 1	mg	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Manganese, Mn 1	mg	0.952	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Selenium, Se 1	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Vitamins													
Thiamin 1	mg	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Riboflavin 1	mg	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Niacin 1	mg	0.290	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.140	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Vitamin B-6 1	mg	0.068	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Folate, total a	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2009
Folate, food 1 a	µg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2009
Vitamin E (alpha-tocopherol) 1	mg	0.42	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Tocopherol, beta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Tocopherol, gamma 1	mg	0.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Tocopherol, delta 1	mg	0.02	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Lipids													
Fatty acids, total saturated	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0 1	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
6:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
10:0 1	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
12:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
14:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
15:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
16:0 1	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
17:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:0 1	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
24:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Fatty acids, total monounsaturated	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
16:1 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
16:1 c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
16:1 t 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
17:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated 1	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:1 c 1	g	0.016	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:1 t 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:1 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:1 c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:1 t 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
24:1 c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Fatty acids, total polyunsaturated	g	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
18:2 undifferentiated 1	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c 1	g	0.043	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:2 CLAs 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:2 t not further defined 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:3 undifferentiated 1	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:3 n-3 c,c,c (ALA) 1	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:3 n-6 c,c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:4 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:2 n-6 c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:3 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:3 n-6 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:5 n-3 (EPA) 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:4 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:5 n-3 (DPA) 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:6 n-3 (DHA) 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Cholesterol 1	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Stigmasterol 1	mg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Campesterol 1	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Beta-sitosterol 1	mg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2009
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2009

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13x, 2009 Beltsville MD

Footnotes

^a Food folate is the sum of 5-Methyl Tetrahydrofolate, 10-Formyl Folic Acid, 5-Formyl Tetrahydrofolic Acid and Tetrahydrofolic Acid

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